

Helpful Resources for Alcohol Abuse & Recovery

Phone Numbers

- **Substance Abuse and Mental Health Services Administration**
 - 24/7 treatment referral and information service. Call: 1-800-622-HELP (4357)
- **Alcohol Addiction Hotline**- Call: (212)-870-3400
- Remember to also call **your primary care physician**

Websites & Support Groups



Alcoholics Anonymous

Free, confidential, 24/7 treatment referral and information service.

Web: <https://www.aa.org>

Support Group: <https://www.aa.org/find-aa/north-america>



Al-Anon and Alateen

Mutual support program for people whose lives have been affected by someone else's drinking.

<https://al-anon.org/>



Smart Recovery

Support group for people suffering from varying types of addiction.

Members can participate in face-to-face meetings worldwide and access digital resources such as a 24/7 chat room, message board and daily online meetings.

<https://www.smartrecovery.org/>



Secular Organizations for Sobriety (SOS)

Online "virtual" access to groups can be found at:

<https://www.sossobriety.org/on-line-groups>

Other Resources

- Alcohol Rehab Guide- <https://www.alcoholrehabguide.org/>
- National Institute on Alcohol Abuse and Alcoholism- download a free guide [HERE](#).
- Your local city, town, or county may have additional resources available to you. Try contacting local churches, counseling/psychiatrist offices, or substance abuse centers near you.